In Millions of Homes

— nothing but "GOOD LUCK" is served. Used because it is the *best spread for bread;* and because it helps reduce the high cost of living.

If *you* are not using

JELKE
GOOD LUCK
MARGARINE

The Finest Spread for Bread

in your home, you are denying your family a *real* treat. Eaten with satisfaction at every meal. Always the same fine flavor—the same delicious taste; the relish and enjoyment there is to a pure, wholesome appetizing food.

GET YOUR PACKAGE TO-DAY!

"GOOD LUCK" is guaranteed to satisfy. If you're not pleased your grocer will refund your money promptly.

Churned by JOHN F. JELKE COMPANY, Chicago

For Sale By
C. W. TOWSON
34 S. Second Street 1-C S. Thirteenth Street

Astonishing Power of Iron to Give Strength to Broken Down Nervous People

Physician Says Ordinary Nuxated Iron Will Increase Strength of Delicate Folk 200 Per Cent. in Two Weeks' Time in Many Instances.

NEW YORK, N. Y.—In a recent discourse Dr. E. Sauer, Specialist, of this city, said: "If you were to make an actual blood test on all people who are ill you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron. The moment iron is supplied all the multitude of dangerous symptoms disappear. Without iron the blood at once loses the power to change food into living tissue, and therefore nothing you eat does you any good; you don't get the strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind.' As a result of this continuous blood and nerve starvation, people become generally weakened, nervous and all run down, and frequently develop all sorts of conditions. One is too thin; another is burdened with unhealthy fat; some are so weak they can hardly walk; some think they have dyspepsia, kidney or liver trouble; some can't sleep at night; others are sleepy and tired all day; some fussy and irritable; some skinny and bloodless, but all lack physical power and endurance. In such cases it is worse than foolishness to take stimulating medicines or narcotic drugs, which only whip up your fagging vital powers for the moment, maybe at the expense of your life later on. No matter what any one tells you, if you are not strong and well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the time, double, and even triple their strength and endurance and entirely get rid of their symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form, and this, after they had in some cases been doctoring for months without obtaining any benefit. You can talk as you please about all the wonders wrought by new remedies, but when you come down to hard facts there is nothing like good old iron to put color in your cheeks and good, sound, healthy flesh on your bones. It is also a great nerve and stomach strengthener and the best blood builder in the world. The only trouble was that the old forms of inorganic iron, like tincture of iron, iron acetate, etc., often ruined people's teeth, upset their stomachs and were not assimilated, and for these reasons they frequently did more harm than good. But with the discovery of the newer forms of organic iron all this has been overcome. Nuxated Iron, for example, is pleasant to take, does not injure the teeth and is almost immediately beneficial.

NOTE—The manufacturers of Nuxated Iron have such unbounded confidence in its potency that they authorize the announcement that they will forfeit $100.00 to any Charitable Institution if they cannot take any man or woman under sixty who lacks iron and increase their strength 200 per cent or over in four week's time, provided they have no serious organic trouble. Also they will refund your money in any case in which Nuxated Iron does not at least double your strength in ten days' time. It is dispensed in this city by Croll Keller, G. A. Gorgas and all other druggists.—Advertisement.

Regularity of Quality

for a continuous period of 24 years has made

King Oscar 5c Cigars

the most dependable nickel smoke to be had. It's always on the job to satisfy and a smoker knows what is coming to him for his nickel.

Stock Transfer Ledger

The Pennsylvania Stock Transfer Tax Law (Act of June 4, 1915) which is now in effect requires all corporations in the State, no matter how large they may be to keep a Stock Transfer Ledger. We are prepared to supply these Ledgers promptly at a very nominal price.

The Telegraph Printing Co.

Printing—Binding—Designing—Photo Engraving
HARRISBURG, PA.

NEWS OF STEELTON

TEACHERS WILL HOLD INSTITUTE

Military Training in Schools Will Be Discussed; Six Districts Represented

A teachers' local institute for the boroughs of Middletown, Highspire, Royalton and townships of Conewago, Londonderry and Lower Swatara will be held to-morrow in the High school building at Highspire. An interesting program will be carried out with discussions on important subjects. A corn contest will feature the afternoon session as all the districts included in this institute are expected to send or bring their exhibits to Highspire. Superintendent Shambaugh will be in charge.

The Program

The program follows:

9 o'clock, devotional exercise, the Rev. H. F. Rhoad; vocal solo, Miss Sylvia Cover; president's address, "Unconscious Errors," J. B. Martin; "How May the Ideal School Be Partially Realized?" Ralph Reider; "Busy Work For the Rural School and How to Provide It," Miss Myrtle Bachman; "Methods in Penmanship," Assistant County Superintendent, W. R. Zimmerman; round table discussions.

1.30 o'clock, music, high school; discussion, "Resolved, That Military Training Should Be Taught in Our Public Schools," affirmative, J. H. Espenshade, and negative, H. B. Garver; vocal solo, "School Discipline," Prof. S. M. Stouffer; address, County Superintendent F. E. Shambaugh; round table discusions; treasurer's report and election of officers; adjournment.

The officers of the institute are: president, J. B. Martin; vice-president, S. H. Stouffer; secretary, Miss Bessie Etter; treasurer, Miss Annie M. Bletz.

The teachers who are members include:

Middletown—H. R. Garver, P. K. Gotwalt, Katharine Aumiller, Marguerite Potter, A. S. Quickel, J. B. Martin, W. B. Morrow, E. D. Keiper, Elizabeth Overdeer, Grace P. Keefer, Dorothy Campbell, Florence Beard, Annie E. Rambler, Margaret Smith, Harriett M. Keefer, Fannie D. Hatz, Elizabeth Neagle, Blanche Yost, Katharine Ettele, Jennie L. McClure, Mary E. Fritz, Lilliam M. Hoffman, Annie M. Bletz, Rena Park.

Highspire—S. M. Stouffer, Mildred Schradley, C. Wilmot Sheibley, Dorothy Howden, Sylvia Cover, Bessie Etter, Annie Shearer, Hilda Eby, Gwendolin Elder, Myrtena Allen, Bessie Wolff.

Royalton—Ralph Reider, David Brinser, Mary E. Gardner, Irene Churchman, Anna M. Luft, Ruth M. Fasnacht.

Londonderry Township—R. F. Keiper, S. S. Ebersole, Anna M. Canon, J. B. Brubaker, Elsie M. Espenshade Kathryn G. Hershey, Allen Barrett, Edna Sheaffer, Helen J. Widney, J. H. Espenshade, Ada Charleston.

Conewago Township—Anna E. Gruber, Minerva Steinruck, Naomi Gruber, Myra Kulp, Clara Mangel, Maude Lindemuth.

Lower Swatara — Myra Goss, Maude Schaeffer, Myrtle Bachman, Mary Zimmerman, Esther Neil.

SENIOR PLAY TONIGHT

Members of the Senior class of the Steelton high school have completed arrangements for the eighth annual class play to be given in the High school auditorium this evening. "The Hoodoo" is the title of this year's production and a capable cast has been drilled to perfection. The seat sale has been large.

CONSISTORY ELECTS

At a meeting of the consistory of the First Reformed church last evening officers were elected as follows: recording secretary, E. H. Mengle; treasurer, C. W. McCoy; financial secretary, D. E. Myers; director of the choir, S. C. Rudy; manager of the choir, George W. Neff; organist, Clara Harclerode.

THIRD DRIVER THROWN

When the horses that draw the Baldwin hose company's truck bolted at Third and Chestnut streets yesterday afternoon, Irvin Miller, the driver, was thrown to the street. He was only slightly hurt. Miller is the third driver from whom the Baldwin horses have bolted. The other two drivers quit.

LADIES' AID ELECTS

At the annual meeting of the Ladies' Aid Society of the First Methodist Church yesterday officers were elected as follows: President, Mrs. W. A. Keister; vice president, Mrs. J. A. Finley; secretary, Mrs. John Bethel; treasurer, Mrs. Hugo Smith; advisory committee, Mrs. O. G. Kilmore, Mrs. Albert Marks and Miss Kate Heagy. A social hour followed the business session.

RABBI FREUND TO SPEAK

Rabbi Charles J. Freund, of Harrisburg, will speak before the Y. M. H. A., at its observance of Federation Day, Sunday evening, in the North Front street hall. Nathan Cohen will deliver a lecture and there will be a musical and literary program.

Senreco
TRADE MARK

See your dentist twice yearly. Use Senreco twice daily and keep your teeth and mouth in perfect health.

Get a tube today, read the folder about the most general disease in the world. Start the Senreco treatment tonight. 25c at your druggists. For sample send 4c, stamps or coin, to The Sentanel Remedies Co., Cincinnati, Ohio.

A DENTISTS FORMULA

KILLED BY GAS AT STEEL PLANT

Lawrence Guster Overcome While Working on No. 3 Blast Furnace Repairs

While working on the repairs to No. 3 blast furnace at the Pennsylvania Steel plant early last evening, Lawrence Guster, 18 years old, of 28 Chambers street, was overcome by gas. He died shortly after.

Guster was one of the gang of workmen that is remodeling No. 3 furnace to increase its capacity. After working inside a big pipe for awhile he complained to fellow workmen that he was feeling ill. He walked a short distance away and sat down. Workmen found him dead a short time later.

The dead man is a son of Mr. and Mrs. Martin Guster, 28 Chambers street, and was unmarried. Funeral services will be held Monday morning in St. Mary's Croatian Catholic Church. The Rev. Father Anthony Zuvich will officiate and burial will be made in Mt. Calvary cemetery.

Steelton Snap Shots

"Y" Will Meet.—The Steelton "Y" will meet at the home of Mrs. T. R. Niven, Locust street, to-morrow evening.

Recovers from Typhoid.—Clyde Heckert, South Third street, has recovered from typhoid fever.

Water Board Meets.—The Water Board held its regular meeting at the pumping station this afternoon.

At Centenary. — In the absence of the Rev. A. K. Wier, who is ill, L. R. Early, of Harrisburg, will preach in Centenary United Brethren Church Sunday.

Buy your cold weather wearing apparel now and save money at Zack's Great Semi-Annual Clearance Sale.—Adv.

MIDDLETOWN

"THE VINEGAR PEDDLAR"

The Rev. Fuller Bergstresser, pastor of St. Peter's Lutheran Church, delivered his lecture on "The Vinegar Peddlar" in the Seventh Street Lutheran Church at Lebanon, last evening.

RESCUE COMPANY WITHDRAWS

At last evening's meeting of the committee in charge of plans for the Cumberland Valley Firemen's Association convention at Middletown next July, last evening, the Rescue Hose Company withdrew from the committee. The Liberty and Union companies will endeavor to handle the convention alone.

REVIVAL REPORTS

John J. Landis, treasurer of the recent revival committee, reports that the campaign cost $630.63 and that there remains $34.94 in the treasury.

MIDDLETOWN NOTES

Members of Simon S. Peter's class attended the annual men's rally in Zion Lutheran Church, Harrisburg, last evening.

Pupils of Clarence Barnett, East Water street, gave a recital in the United Brethren Church yesterday afternoon.

PLENTY OF BARGAINS

Still to be had at Zack's Great Semi-Annual Clearance Sale.

HIGHSPIRE

HIGHSPIRE PERSONALS

C. F. Sollenberger, of Newville, has been spending some time in town the guest of the family of Mervin Hoch, Second street.

Mrs. Grant Ott and daughter, Miss Fae, of Newville, and Miss Ruth Lebo, and brother Raymond, of Oberlin spent Sunday the guests of Mervin Hoch and family.

NOTICE

Zack's Great Semi-Annual Clearance Sale still going on.—Adv.

Joint Business Session of Five P. O. of A. Camps

The regular monthly business meeting of the P. O. of A. was held in the assembly hall of Camp No. 23, in the Flatiron building, Nineteenth and Derry streets, last evening. This was a joint business meeting of Enhaut Camp, No. 76; Steelton Camp, No. 10; Marysville Camp, No. 192, and Camps Nos. 48 and 23, of Harrisburg.

The meeting was called to work out plans and decide upon various issues for the P. O. of A. convention to be held in Harrisburg in May. It was decided that the headquarters for the visiting orders at the convention in May will be the Bolton House and that the meetings of the convention will be held in Chestnut Street Auditorium.

Mrs. Strauzer, State vice-president, of Altoona, presided at the meeting and gave an interesting and instructive talk on the building up of the order. Mrs. Murphy, also of Altoona, gave a fine talk. At this meeting Mrs. Mary Snavely, of the Enhaut camp, No. 76, was unanimously elected to serve as chairman of the entertainment committee during the convention.

The next meeting will be held March 1 at the Enhaut camp, No. 76, Enhaut, and every two weeks thereafter until all plans for the convention are complete. After the regular business meeting a social hour with music and refreshments was enjoyed.

Twelve Bucket Shops in Ohio Are Raided

By Associated Press

Columbus, Ohio, Feb. 4. — Twelve so-called "bucket shops" in eleven Ohio cities were raided simultaneously at 11 o'clock to-day by inspectors of the State Banking Department and the maangers taken into custody on charges of violating the "Blue Sky" law and operating fraudulent securities jobbing agencies, according to an announcement made shortly before noon by Harry T. Hall, State Superintendent of Banks.

The raids were made on two establishments in Youngstown, one one each in Dayton, Akron, Canton, Toledo, Marion, Steubenville, East Liverpool, Fremont, Norwalk and Piqua.

Inspectors and county prosecutors, deputy sheriffs or police who assited in the raids, were ordered to arrest all patrons found in the shops as well as the proprietors. Charges of gambling probably will be made against the patrons, it was said.

The Broad Street Market ad on page 13 should be carefully read by every housekeeper in Harrisburg. It means money in your pocket.—Adv.

ASTRICH'S

Our Show Room Is Devoted to the Exclusive Display of

Early Spring Models

which are authentic representations of the latest ideas for present wear. We want you to see this display and we want you to see the class of Hats we are making right here in our workroom and selling at . . . **$3.98** and **$4.98**

These prices should prove most interesting—when you take qualities and style ideas into consideration.

Wonderful Display of New Flowers, Fruit Effects, French Novelties, Etc.

Shown in Our Trimming Section at . . . **19c, 25c, 39c** and Upwards

A Revelation In Price Values

HALIFAX SHOWS INTEREST IN FARM LIFE TALKS

[Continued From First Page.]

scientific farming during this institute than at any institute I have ever attended. And after all, it's not the big attendance which makes the institute, it's the interest shown by the audience."

Turned Loose In Fields

Mr. Phillips is engaged in poultry farming in his county and throughout the year between 8,000 and 10,000 white leghorns flock on his 300-acre tract. The poultryman's talk last evening was illustrated with two dozen lantern slides showing views on his farm. Colony housing for the fowls was brought out clearly and modern brooding houses were also shown. The brooder houses on the Phillips' farm are arranged so that the chickens have plenty of pure air and sunlight. Mr. Phillips is careful, too, with the feeding, and he gives them the best he can provide. During the growing seasons, and just before the crops are matured, the fowls are turned loose in the fields and they do the harvesting. In this way four and five crops are grown on the same ground each year but the grains never reach the barns. Mr. Phillips specializes in poultry and has chosen the white leghorns for his farm.

"Men, do you want me to tell you the best species of fowls to raise," he asked, "raise your hands," and immediately a great many hands were thrown into the air. "I'll tell you. Select the fowls you like best and then put your whole heart and soul in your work. That is the secret of poultry farming. But for goodness' sake, men, if you have a lot of chickens not true to their type, get rid of them at once. Get one strain through your flock and you will have better results. Keep your chickens clean, too. Don't allow them to walk around in filth and pick in filth. On my Valley Poultry Farms I never permit the chickens to get into the barnyard. Keep the houses clean and above all don't send your eggs to the markets with filth on them. If you take an egg from the nest and it is dirty, use a cloth and polish it.

"All eggs from the Valley Poultry Farms are packed in cartons made to hold one dozen. Eggs of one size are packed into each box and then they are graded, too. You will always find them fresh and clean and they always have a ready sale. I would advise you farmers here in this district to pack your eggs in some kind of a carton. They can be gotten cheap and if you make your eggs appear neat you will always get better prices for them."

County Schools

S. C. George, of Indiana county, was another speaker at the session last evening. His subject concerned rural schools. Mr. George spoke of the schools in his home county in making comparisons. "Our schools are costing us too much money just now," he said, "for the benefits we are getting out of them. For example in one section of our county, where a mine was opened, a new community was established. The residents of that community would not incorporate into a borough so that people in other parts of that township had to help pay for the erection of a new school there from which they were getting absolutely no benefits. Now there is one way of improving conditions so that every person will be benefited and that is by the erection or maintaining of a centralized school. But the time for that is not yet here. At least it is not time for such a school in Indiana county and I'm sure that the time is not here for Dauphin county. Yesterday our party drove from Gratz to Loyalton, a distance of six miles and I am positive that the roads are not in condition to be used by little boys and girls who would go to the central school. That is just the point. Our road conditions must be improved first and then we can have our central school and the standard of education will be greatly raised.

"There's another thing which is raising the cost of schools just now and that is the vocational school. If any man comes to you and tells you that a vocational school can be established without any additional cost, do not believe him. In our county, the school boards have already had to borrow money to establish the school. In one school there are ten students and nine of them are the sons of parents who do not pay as much tax as I do. Send boys and girls to the common school and they will receive a good education."

Makes Plea for Boys

Sheldon W. Funk, of Boyerstown, was the evening's third speaker, and he made an appeal for the farmer boys. "Gentlemen," he said, "I want you to do all you can to keep the boys on the farm. Give them something they can call their own and allow them to have the money they make out of it. I don't care whether its a piece of ground, a calf, a pig, a colt or some chickens, but for goodness' sake give them something. They will be glad to stay on the farm. Give them a half day off each week, too. There would be no better time than Saturday afternoon and on Monday morning they would return to their week's work with renewed energy. Allow them to have a week's vacation during some part of the year, a week which they can call their own and do as they like best. Ask a boy who has gone away from the farm just why he has left and he will give you three reasons. He will tell you overwork, poor pay, and too little recreation caused him to leave. Give the boy a chance, give him an opportunity to have some interest in the farm and you will lose nothing. I would recommend that every boy attend an agricultural school. I know it is impossible in many cases for a boy to take a two or a four years' course in agriculture. If this can't be done take a course of twelve weeks. This will cost little more than a hundred dollars but the benefits will be worth much more. If the boy can't go away to a school then give him a correspondence course and this cost is practically nothing. Help the young fellow along scientific lines."

Mr. Funk spoke yesterday afternoon to a crowd of high school students and he told them about flowers, the care of them and how they grow. His talk on this subject was one of the most interesting ever heard here.

Discusses Fertility

H. M. Anderson, a York county farmer, talked yesterday on soil fertility and moisture. He told his audience how moisture could be kept in the ground by careful cultivation and urged them to cultivate as level as possible because the soil would remain in better condition than though it would be hilled. Mr. Anderson explained that in the course of a number of years there would be sufficient ammonia and potash in the soil to last for all time but that phosphoric acid use of nitrate of soda, this chemical, to the farmers to increase the vegetable matter in the soil and use commercial fertilizers when others are not available. Mr. Anderson said some soils have large quantities of insoluble potash in them but that with the proper use of nitrate of soda, this chemical, to a certain extent, becomes available.

In the use of manure, Mr. Anderson said, it should be spread every day and that it should not be piled in heaps so that it loses some of its properties. In the liquid in manure, declared the speaker, is contained three-fourths of the potash in the entire pile and to save this and get it properly into the soil he recommended the immediate spreading.

C. G. McLain, of Jefferson county, an expert on farm drainage, gave a short talk on drainage systems and water supplies for farms. He will return here on February 12 for a meeting of the local grange when he will discuss in detail the topic for the benefit of farmers in this vicinity.

The High Cost of Living problem can be reduced to a minimum. The Broad Street Market ad on page 13 points the way.—Adv.

Senator Works Attacks Wilson's Defense Tour

By Associated Press

Washington, Feb. 4. — President Wilson's preparedness speaking tour was attacked by Senator Works, Republican, before the Senate Military Committee to-day while the Senator was presenting his plan to apportion western lands among 200,000 men who would spend two months a year on military training and the remainder combating the forces of nature.

"While the President is preaching a doctrine of excitement and fear," he said, "and civic and industrial organizations of the country are being turned into vehicles to frighten the people into an unreasonable preparedness, I do not have much hope for consideration of my plans."

There's a message of interest to every housekeeper in Harrisburg on page 13 of this issue.—Adv.

EAT IT! ENJOY IT! NO INDIGESTION OR BAD STOMACH

Never any sour, gassy or acid stomach, heartburn or dyspepsia.

"Pape's Diapepsin" makes weak stomachs strong and healthy at once.

You can eat anything your stomach craves without fear of indigestion, acidity or dyspepsia, or that your food will ferment or sour on your stomach if you will take a little Diapepsin occasionally.

Your meals will taste good, and anything you eat will be digested; nothing can ferment or turn into acid or poison or stomach gas, which causes belching, dizziness, a feeling of fullness after eating, nausea, indigestion (like a lump of lead in stomach), biliousness, heartburn, water brash, pain in stomach and intestines or other symptoms.

Headaches from the stomach are absolutely unknown where this effective remedy is used. Diapepsin really does all the work of a healthy stomach. It digests your meals when your stomach can't. A single dose will digest all the food you eat and leave nothing to ferment or sour and upset the stomach.

Get a large 50-cent case of Pape's Diapepsin from your druggist and start taking now, and in a little while you will actually brag about your healthy, strong stomach, for you then can eat anything and everything you want without the slightest discomfort or misery, and every particle of impurity and gas that is in your stomach and intestines is going to be carried away without the use of laxatives or any other assistance.

Should you at this moment be suffering from indigestion or any stomach disorder, you can get relief within five minutes.—Adv.

TO stimulate jaded appetites, try serving every day vegetables in a new, attractive way.

For dinner tonight, try carrots in a snowy nest of

HOTEL ASTOR Uncoated RICE

Hotel Astor Rice and Carrots

Boil one cup Hotel Astor Rice, at the same time boil sliced carrots in beef stock so rice and carrots will be done at the same time. When ready to serve make a nest of the Hotel Astor Rice and fill with the carrots. Garnish the top with sprigs of parsley.

Hotel Astor Rice is sold in sealed cartons only. 10c for a full pound in the yellow carton.

At most good grocers. If yours cannot supply you send 10c for full pound carton to

B. FISCHER & CO., Importers, 190 Franklin St., New York City